

ELK GROVE COMMUNITY SERVICES DISTRICT
DEPARTMENT OF PARKS & RECREATION

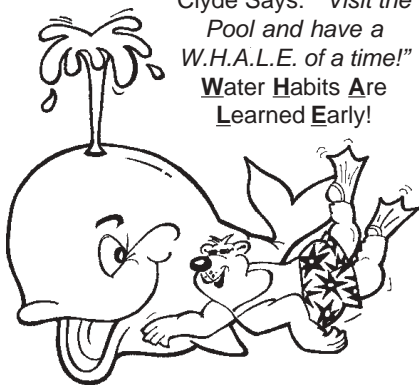
2004 Summer Aquatic Programs & Swim Lessons



Fire • Emergency Medical • Parks & Recreation

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Clyde Says: "Visit the
Pool and have a
W.H.A.L.E. of a time!"
**Water Habits Are
Learned Early!**

New On-line Registration!

New participants need to be entered into our computer registration system before registering online. If you have not registered for a class since January 2004, go to our website at www.egcsd.ca.gov and provide your client information. Once we have entered you into our new system you can register on-line!

Registration begins April 1:

On-line: www.egcsd.ca.gov



Elk Grove Pool
9950 Elk Grove-Florin Road
685-3920 • Pool Phone Number

Recreation Swim Pool Hours

Weekdays:

June 7 - August 20

Hours: 1:15-4:00 pm • \$3/per person

Weekends:

May 29 - September 6

Hours: 12:00-4:00 pm • \$4/per person

Summer Swim Kick-Off :

Fri., June 4 • 6:30-8:30 pm • \$3/person

**Swim Lesson
Registration begins
in April**
see inside...

Friday Family Fun Nights:

Hours: 5:00 - 8:00 pm • \$3/per person

June 18 • July 2 • July 16

July 30 • August 13

**Evening Swim
Sessions**

Come Ride Clyde's Waterslide!

Children and adults alike can enjoy splashing into the pool from the 140' waterslide (must be 4' tall or pass a swim test to ride the slide)

Entrance Fee Options

Regular Admission:

\$3 Mon-Fri

\$4 Sat-Sun

Discount Admission:

1. Punch Pass

\$2.50 per punch
(10 punch minimum)

2. Individual Season Pass \$30/person **or**

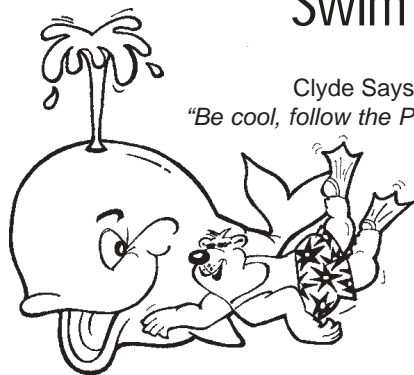
Purchase 4 or more together:

\$18/person through May 5

\$23/person after May 5

Best Value!

Swim Lesson Levels/Descriptions



Clyde Says:
"Be cool, follow the Pool Rules."



Turtle (Infant and Preschool w/ Parent)

Suggested age 6 mos. & up

Water adjustment for parent and child. Fun is emphasized through games and songs so child learns to enjoy water. Class sessions are five days, only the first week of each session.

Starfish (Level 1) **Water Exploration**

32" or taller and age 3-4

For 3-4 year olds with little or no water experience. Introduction to floating and locomotion in the water. Child learns to submerge face.

Seahorse (Level 2) **Primary Skills**

32" or taller

For non-floater. Child learns front and back floats. Introduction to crawl stroke and safety skills. Child must be able to submerge face.

Minnow (Level 3) **Stroke Readiness**

Refine crawl stroke and practice breath control. Introduction to the back crawl, elementary back stroke, and diving. Child must be able to swim on their own.

Otter (Level 4) **Stroke Development**

Refine crawl stroke, breath control, back crawl, elementary backstroke. Introduction to breaststroke, sidestroke and treading water.

Dolphin (Level 5) **Stroke Refinement**

Introduction of alternate breathing with emphasis on improving all skills and strokes listed above. Introduction of the butterfly stroke.

Shark (Level 6 & 7) **Advanced Skill Proficiency**

Refinement of all strokes, including front and back crawl, breaststroke, and butterfly. Introduction of basic rescue techniques.

Private Lessons for ages 5+

For the personal touch, take a private lesson. For ages 5 and over, we can help you improve your skills.

Special Need Lessons

also available

Registration begins:
April 1, 2004



3 OPTIONS:

- 1. On-line registration:** www.egcsd.ca.gov
- 2. Drop-off, Mail-In** (8820 Elk Grove Blvd., 95624) & **Fax-In** (685-6942) *Processed within 24 hrs.*
- 3. Phone-In** (405-5353) *Limited staff will take calls. Expect up to 60 minutes.*
See registration form on back page

• See lesson levels/descriptions to the left •

3 easy steps to sign up for Swim Lessons

1.

Pick the Lesson Level.

- Has your child ever had organized lessons before? If not, we suggest starting at the Starfish or Seahorse level.
- Don't overestimate your child's ability. It is easier to move your child to a higher level than to a lower level.
- Children often need two sessions to master a level! Consider taking two sessions of lessons at the same level.
- If quicker skill advancement is desired or special attention is needed, please consider private lessons.

2.

Choose Lesson Time/Session.

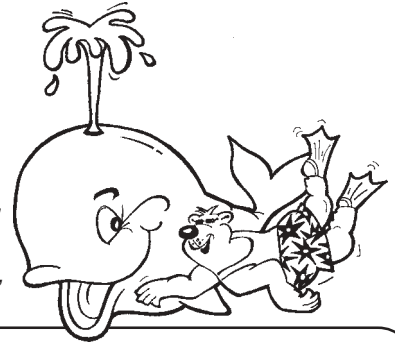
- Times listed on next page*
- Have your 2nd and 3rd choices ready for session and time in case your first choice is full.

3.

Register On-Line, by Fax, Mail, Walk-in or Phone

- Fax and phone registration requires Visa or Mastercard. See back page for phone/fax numbers and registration form.

Swim Lesson Sessions



Early Bird Lessons

\$29/turtle lessons • \$89/private lessons • group/see below

Early Bird Session 1

**Saturdays & Sundays
May 8 - 23**

6 group lessons • **\$39**

4 private & turtle 5/15-23

Early Bird Session 2

Tuesday-Friday

May 25 - June 4

8 group lessons • **\$49**

4 private lessons (first week)

4 turtle lessons (second week)

Early Bird 1 Sat & Sun 5/8-23	Private Lesson	Turtle (IPAP)	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)	Dolphin (level 5)	Shark (level 6/7)
12:00-12:30	●	●	●	●	●	●	●	●
12:30-1:00	●	●	●	●	●	●	●	●
1:00-1:30	●	●	●	●	●	●	●	●
1:30-2:00	●	●	●	●	●	●	●	●
2:00-2:30	●	●	●	●	●	●	●	●
2:30-3:00	●	●	●	●	●	●	●	●
3:00-3:30	●	●	●	●	●	●	●	●
3:30-4:00	●	●	●	●	●	●	●	●

Early Bird 2 Tues- Fri 5/25-6/4	Private Lesson	Turtle (IPAP)	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)
2:00-2:30	●	●	●	●	●	●
2:30-3:00	●	●	●	●	●	●
3:00-3:30	●	●	●	●	●	●
3:30-4:00	●	●	●	●	●	●
4:00-4:30	●	●	●	●	●	●
4:30-5:00	●	●	●	●	●	●
5:00-5:30	●	●	●	●	●	●
5:30-6:00	●	●	●	●	●	●

Saturday Lessons

\$39/6 group lessons

June 12-July 24 (no lessons July 3)

Saturday Lessons 6/12-7/24 no lessons 7/3	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)	Dolphin (level 5)	Shark (levels 6 & 7)
9:00-9:30	●	●	●	●	●	●
9:30-10:00	●	●	●	●	●	●
10:00-10:30	●	●	●	●	●	●
10:30-11:00	●	●	●	●	●	●
11:00-11:30	●	●	●	●	●	●

2004 Summer Lessons

Summer Session 1

June 7-17

Summer Session 2

June 21-July 1

Summer Session 3

July 5-15

Summer Session 4

July 19-29

Summer Session 5

August 2-12

Level	No. of Lessons	Day Fee
turtle*	4	\$29
all other levels	8	\$49
private lesson**	4	\$89

* Turtle classes offered only the first week of each 2 week session.

** Private classes offered only the second week of each 2 week session.

Summer Sessions

Mon-Thurs

(Turtle - 1st week only)

Morning

	Priv Less (2nd week only)	Turtle (IPAP) 1st week only	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)	Dolphin (level 5)	Shark (levels 6 & 7)
10:00 - 10:30	●	●	●	●	●	●	●	●
10:30-11:00	●	●	●	●	●	●	●	●
11:00-11:30	●	●	●	●	●	●	●	●
11:30-12:00	●	●	●	●	●	●	●	●
12:00-12:30	●	●	●	●	●	●	●	●
12:30-1:00	●	●	●	●	●	●	●	●
Evening	●	●	●	●	●	●	●	●
4:15-4:45	●	●	●	●	●	●	●	●
4:45-5:15	●	●	●	●	●	●	●	●
5:15-5:45	●	●	●	●	●	●	●	●
5:45-6:15	●	●	●	●	●	●	●	●
6:15-6:45	●	●	●	●	●	●	●	●
6:45-7:15	●	●	●	●	●	●	●	●
7:15-7:45	●	●	●	●	●	●	●	●

Saturday Supplemental Private Lessons

Ages 5+

\$22/each lesson

June 12-July 24 (no lessons July 3)

Saturday Privates

6/12-7/24
no class 7/3

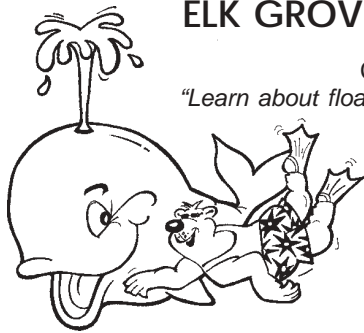
9:00-9:30	●
9:30-10:00	●
10:00-10:30	●
10:30-11:00	●
11:00-11:30	●

Private Lesson	●
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NEW!
Adult Lessons
(Ages 14+)
See Reverse for Details

ELK GROVE CSD DEPARTMENT OF PARKS & RECREATION



Clyde Says:
"Learn about floating before you go boating."



Adult Swim Lessons

Ages 14+ • M-Th • 6:15-6:45 pm

\$49/Session (8 group lessons)

It's never too late to learn to swim. Join us in a group setting as adults learn at their own pace. The instructor will modify the class to best meet the student needs.

Session 1	June 7- 17
Session 2	June 21-July 1
Session 3	July 5-15
Session 4	July 19-29
Session 5	August 2-12

New On-line Registration!

New participants need to be entered into our computer registration system before registering online. If you have not registered for a class since January 2004, go to our website at www.egcsd.ca.gov and provide your client information. Once we have entered you into our new system you can register on-line!

Businesses & Organizations

Sponsoring an Aquatics Program!

- ✓ **a great way to advertise**
- ✓ **an outstanding public image tool**
- ✓ **an active way to show support for the community**

Program sponsors are not only recognized as a sponsor of Parks & Recreation activities, but as a supporter of the Elk Grove community. For more information about how you can get involved, contact Zach Jones at 405-5300.

Jobs Available

Still looking for a summer job?

We have positions available for:

Lifeguards & Swim Instructors.

If interested call Mike Dopson at 405-5313.

Pool Rentals

Rent the Elk Grove Pool for your special function or party. Rental includes use of the pool, slide, and picnic area. Reservations are available in two hour blocks on Saturday and Sunday evenings (beginning at 4:30) for private parties May - September. Call 405-5300 for fees and availability.

Birthday Parties!

Available at the Elk Grove Pool and can include:

- cake
- pizza
- treats
- access to the pool & water slide

Parties can be booked on weekends or during any Recreation Swim session. Call 684-7550 for complete information.



Registration begins April 1: For quickest registration go on-line: www.egcsd.ca.gov

Drop-Off, Fax-In, Mail, Phone-In are also available.

Elk Grove CSD Parks & Recreation • 8820 Elk Grove Blvd., Ste. #3 • Elk Grove, CA 95624 • 405-5353 • fax 685-6942


Aquatics Registration Only (Copies Accepted) E-mail Address _____ **Receipt #** _____ **Init.** _____

Main Contact _____ Phone (Day) _____ (Evening) _____

Address _____ City _____ Zip _____

VISA/MC Payment: ☐ VISA ☐ MasterCard Card# _____
Name as it appears on card: _____ Expires Mo./Yr. ____/____

Check if New Address ☐

Office Use Only	Participant Name	Age	Birthdate (under 18)	Lesson Level	Session Choice			Time of Class Preferred			Fee
					1st	2nd	3rd	Choice 1	Choice 2	Choice 3	
 "Operation Clyde" (Optional)											\$ 1.00

"Operation Clyde" - \$1.00 contribution. Your contribution on the registration form helps Elk Grove individuals who can not afford to participate in recreation activities. Bring our community together by the simple act of donating a dollar.

Total Fee:

Hold Harmless Agreement

The Elk Grove Community Services District, their officers and employees, and any co-sponsor of this activity are not responsible for any injury which may be suffered by the participant while traveling to, during, or returning from the activity designated in this notice. The sponsoring agency has no medical insurance for individuals, and injury will be the participant's responsibility. Under California Law, an individual, or parent or guardian if actual participant is under 18, is responsible for any and all property damage, personal or private, which the individual may cause during the course of an activity such as designated in this notice. Additionally, the participant, or parent or guardian if actual participant is under 18, acknowledges that the EGCSD reserves the right to photograph facilities, activities, and program participants for potential future use for publicity or promotion purposes only. I have read and understand this notice.

Signature of Participant (Parent if under age 18)

Date